

Who can I turn to?

There are many agencies that can assist you in coping with suicide. A quick search on the internet will provide you several ideas and suggestions on recovery from the loss of a loved one who died by suicide.

Samaritan Behavioral Health CrisisCare 24/7

937.224.4646
<http://sbhihelp.org/crisiscare-montgomery/>

Montgomery County Alcohol, Drug Addiction & Mental Health Services (MCADAMHS)

937.443.0416
<http://www.mcadamhs.org/>

Mental Health First Aid Training is offered so you can support someone in an emotional crisis or developing signs of a mental illness. Go online to register.

GetHelpNow
MONTGOMERY COUNTY

A free app to locate addiction, mental health services & more.

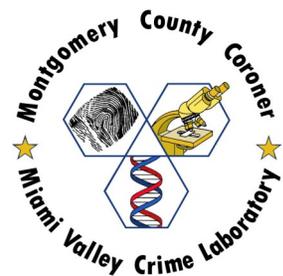
GetHelpNow Montgomery County Available for Download Now:

MONTGOMERY COUNTY Alcohol, Drug Addiction & Mental Health Services

Keeping Our Light Support Group

Contact: Carol Griesdorn 937.416.2011
CGriesie1@gmail.com

DEDICATED TO THE RESPECT AND DIGNITY OF ALL THOSE WHO ENTER HEREIN. MAY GOD BLESS AND COMFORT THEM.



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Understanding and Coping with Suicide



I would like to extend our sincere sympathies from my office to your family. I hope that the information provided in this pamphlet will help you in your recovery from your loss. Getting through the loss of a loved one takes time. I wish you healing and peace.

Kent E Harshbarger

What do I do now?

A loved one's suicide can be a challenging, confusing, and painful experience. If you're struggling, there are ways to help you cope.

Find a Support Group:

You don't have to cope with your loss alone. There are support groups specifically for those who have lost a loved one to suicide.

Write:

You may find it helpful to write your feelings in a notebook or to write a letter to your lost loved one. This can be a safe place for you to express some of the things you were not able to say before the death.

Do What Feels Right to You:

Don't feel pressured to talk right away. If you choose to talk about your loss, it can give your friends and family the opportunity to support you in an appropriate way.

Ask for Help:

Don't be afraid to let your friends provide support to you, or to look for resources in your community such as therapists, co-workers, or family members.

It's Okay to Grieve

The sudden, unexpected, death of a loved one is drastic and comes with mixed emotions. The pain cannot be described and no scale can measure the loss. We want so much for our loved one to return so that we can do something, and we ache knowing that it just can't happen.

It's Okay to Cry

Tears release the flood of sorrow of missing the one you love. Tears relieve the brute force of hurting, enabling you to "level off" and continue your journey along the stream of life. Shedding tears is not a sign of weakness; it is a sign of our human nature and emotions of deep despair and sorrow.

It's Okay to Laugh

Laughter is not a sign of "less" grief. Laughter is not a sign of "less" love. It's a sign that many of our thoughts and memories are happy ones and our loved one would have wanted us to laugh again.

It's okay to grieve. It's okay to laugh. We do not need to "prove" that we loved the person who has died. As the months pass we are slowly able to move around with less outward grieving each day. We need not feel "guilty," for this is not an indication that we love less. It only means that, although we don't like it, we are learning to accept death and it's finality of the pain our loved one suffered. It's a healthy sign of healing.

Remember

Questions You May Have

How common is suicide?

Each year more than 30,000 people in the U.S. take their own lives.

Did I cause this to happen?

No! You didn't cause your loved one to take his or her life. He or she was enduring such unbearable pain that it seemed the irrational act of suicide was the only way to relive this suffering.

Should I tell people?

It is up to you whether you want to tell people your loved one died by suicide. Many people find it helpful to state the fact, because doing so helps them connect with others and work through their grief. However the truth is you have nothing to be ashamed of.

How many people have mood disorders?

Mood disorders are extremely common. Nearly 10% of the population suffers from depression.

If you are having thoughts of killing yourself or feel that a friend is at risk of suicide, please seek help right away. Call 9-1-1 or your local emergency number for assistance.